

DINNERLY



Loaded Mushroom 'Meat' Potato Wedges with Mixed Salad



35 minutes



2 Servings

Get a load of these potato wedges! Our spin uses mushroom 'meat' cooked with onion in a smoky barbecue sauce for a tasty meat-free version.

WHAT WE SEND

- 2 potatoes
- 1 onion
- 250g mushroom meat ⁶
- 10g smoky barbecue seasoning ¹⁷
- 400g diced tomatoes
- 50g mixed salad leaves

WHAT YOU NEED

- 2 tbs olive oil
- 1 tbs tomato sauce
- 2 tsp red wine vinegar ¹⁷
- ½ tsp wholegrain mustard ¹⁷
- ½ tsp honey

TOOLS

- oven tray
- baking paper
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 750kcal, Fat 39.0g, Carbs 66.2g, Proteins 26.6g



1. Roast potato wedges

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled potatoes** into 2cm-thick wedges (see Make it yours). Finely chop the **onion**. Put the potato on the lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 25-30 mins until golden and tender.



2. Cook mushroom meat

Meanwhile, heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **mushroom meat**, breaking up the lumps with a spoon, for 2 mins or until starting to brown. Add **1½ tbs water** and cook, stirring, for 3 mins or until browned.



3. Simmer sauce

Add the **barbecue seasoning** and **1 tbs tomato sauce** to the pan and cook, stirring, for 1 min. Stir in the **tomatoes** and **125ml (½ cup) water**. Bring to the boil, then reduce the heat to medium and cook for 15 mins or until slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Make salad

Meanwhile, put **2 tsp olive oil**, **2 tsp red wine vinegar**, **½ tsp wholegrain mustard** and **½ tsp honey** in a large bowl, season with **salt and pepper** and stir until combined. Add the **salad leaves** and toss to coat.



5. Serve up

Divide the **potato wedges** and **salad** among plates. Spoon the **mushroom meat** over the wedges and enjoy!



6. Make it yours

Fancy jacket potatoes instead? Simply cook the whole unpeeled potatoes in a saucepan of boiling water until tender, then drain and cut a deep cross in the centre of each. Roast until golden brown, then spoon over the mushroom meat.